

"Mans Search For Meaning" and other books....

Posted by kvetched - 19 Jun 2011 09:05

Personally I read my way through any wobbles. Anything from self help books (Susan Jeffers) to religion (Torah). Read books that interest you (I use history books myself).

DVDs can help, depending on the individual of course, but I enjoy comedy DVDs, they take your mind away.

Run or jog, put on an mp3 and get out and run it off.

Hope this helps?

Kvetched

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